

*Yes!* I am interested in  
becoming a volunteer with  
the Alexandria Office on Women.

Please contact me about getting involved.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (Day): \_\_\_\_\_

Phone (Evening): \_\_\_\_\_

Best Time to Call: \_\_\_\_\_

E-mail: \_\_\_\_\_

I am interested in volunteering  
with the following program(s):

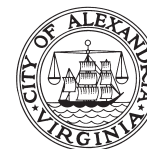
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\_\_\_\_\_  
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Please return this form to the  
Alexandria Office on Women  
421 King Street, Suite 400  
Alexandria, VA 22314  
or fax 703.838.4976



VOLUNTEER OPPORTUNITIES  
AT THE  
ALEXANDRIA OFFICE ON WOMEN

703.838.5030  
[www.alexwomen.com](http://www.alexwomen.com)



The mission of the Alexandria Office on Women is to empower women and their families by promoting equality, access to opportunities, and services through advocacy and education. In order to fulfill its mission, the Alexandria Office on Women relies on hundreds of volunteers to donate thousands of hours of service each year to its programs. We hope you choose to become involved as a volunteer by taking advantage of the opportunities listed here.



### Sexual Assault Response and Awareness Program

The Sexual Assault Response and Awareness (SARA) program is looking for compassionate listeners who would be comfortable talking to sexual assault survivors and their loved ones on our 24-hour crisis hotline. The SARA program requires volunteers to complete 40 hours of training presented by allied professionals and SARA staff. Volunteers are trained to become crisis counselors who provide emotional support, information, referrals, advocacy and hospital and police accompaniment to survivors of sexual assault. For more information, please contact the SARA Volunteer Coordinator at 703.838.5030.

### Speakers' Bureau

The Speakers' Bureau program is seeking volunteers who enjoy working with youth to present an education program, called Expect Respect, to Alexandria youth. The program teaches children about building healthy relationships and helping to prevent domestic violence and sexual assault. Volunteers must have flexibility to present the program during weekdays. For more information, please call 703.838.5030.



### Youth Mentoring Programs

Project STEPOUT & Project MANHOOD are three-phase programs that provide adolescent girls and boys with information and skills to take control of their lives in a responsible manner in order to become productive citizens. These projects need volunteers to help mentor youth in their after-school and weekend activity programs.

Every April, the Alexandria Office on Women needs local professionals to mentor an Alexandria teen for **Take Our Daughters and Sons to Work Day**. Teens are paired with a mentor in a career field they are planning to pursue, to learn first-hand about how to prepare themselves for future employment. To become a mentor for these programs, please call 703.838.5030.



### Alexandria Campaign on Adolescent Pregnancy

The Parent Peer Education Project is designed especially for parents or adults who have young people in their lives. The purpose of the project is to encourage parents to start talking with their teens about love, sex and relationships with the hope of preventing teen pregnancy. Volunteers participate in a 6-hour training to become a "parent peer educator" and agree to host four workshops with other parents within a 12-month period. Parent Peer Educators receive a \$50 stipend for each workshop held, up to four workshops. For more information, please contact the ACAP Coordinator at 703.838.5030.

### Domestic Violence Program



The Domestic Violence Program needs caring and committed women and men to work as volunteers in several capacities. The Domestic Violence Program operates the City's Battered Women's Shelter, which provides emergency housing to survivors and their children. Volunteers are needed in several areas:

- **Battered Women's Shelter:** Volunteers are needed to provide weekend, overnight, and holiday hotline coverage and crisis counseling.
- **Court Advocacy Program:** Volunteers are needed to provide court accompaniment one morning a week (approximately four hours) at the Alexandria Courthouse. Spanish speaking court advocates are especially needed.
- **Children's Program:** Volunteers are needed to provide support and assistance to children who have been affected by family violence. The Children's Program offers group counseling and mentoring opportunities.
- **Court Observation Program:** Volunteers are needed for court monitoring to provide feedback to the criminal justice system on improving its response to cases of family violence.

For more information, please contact the Domestic Violence Volunteer Coordinator at 703.838.4911.

### Help the Fight Against Breast Cancer



The Alexandria Walk to Fight Breast Cancer, an annual event taking place every October, needs volunteers in several capacities to help plan, promote, and coordinate the Walk. For more information, please contact the Walk Coordinator at 703.838.5030.